

BREAKTHROUGH

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METAMUSIC IN THE DENTAL CHAIR

by
Ms. Margaret Paradise

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In January of 1987, The Monroe Institute provided our dental office with ten Hemi-Sync METAMUSIC tapes for use in our dental practice - specifically, for patients who faced long appointments. We were curious to see if the METAMUSIC would assist patients in relaxing during their dental appointments, and perhaps help with pain control.

We had METAMUSIC "Random Access," "Eddys," "Back Room," "Modem," "Highland Ring," "Midsummer Night," "Trailing Edge," "Outreach," "East by West," and "Sam & George" reproduced onto a four channel tape player which is controlled by each patient at the chair. The patient has a channel changer and earphones, similar to an airline music system. The patient can control both volume and channel desired.

We first had METAMUSIC programmed onto one channel and regular music programmed onto the other three channels. We found that patients preferred the music they were familiar with, and did not use the METAMUSIC tape, even when

we mentioned that that channel had music which may help them to relax. We then had a tape made with METAMUSIC on all four channels, and told patients that we were trying a new type of tape with music that we hoped would help them to relax. We asked for their comments and feedback.

It is interesting to note that the tape system also has an option to play whatever tape is in the player out loud, throughout the entire treatment area. At the time we were first experimenting with the tape, we happened to have it on for everyone to hear just before a staff meeting. A new associate, who was not familiar with our experiment, was in the back. She came to the front and asked what kind of music was playing. She said that she felt very irritated by the music for about fifteen minutes and was about to find someone to turn it off, when all of a sudden, she felt completely relaxed. We explained to her what we hoped to achieve by using the METAMUSIC, and she now uses it with certain patients.

Each channel was programmed with METAMUSIC in varied sequences. Patients could listen to the sequence on a channel, or switch to any of the three other channels if they preferred a different mood.

We have now used the system for a little over a year, and will continue to do so. We offer it to the

majority of our patients who are having long appointments, and both Dr. Paradise and the technical assistants feel it helps to relax the patients. Patient comments range from "I can't believe I fell asleep in the dental chair," (this from a physician and an interior designer) to "I feel more relaxed, but I can still hear the drill." Most patients comment on the "New Age" music format. Since relaxation and pain control are difficult to measure, we can assess our results only by our "sense" of a patient's response and by their subjective feedback. In some cases, they feel more relaxed than we assess, and in others, we feel they are more relaxed than they feel.

We will continue to use Hemi-Sync in our dental office since it is our conclusion that both relaxation and pain control are benefited by the music. We thank The Monroe Institute for sharing this system with our office.

THERAPEUTIC VALUE OF H-PLUS by

Fowler C. Jones, Ed.D.

Fowler Jones is an Associate Professor of Psychiatry (Psychology) at the University of Kansas Medical Center, a Monroe Institute Professional Member and Trainer for the GATEWAY VOYAGE program.

I would like to report the following regarding the H-PLUS tape "Relax":

Mr. H.L. is a 45 year old construction foreman who is hospitalized on the psychiatric service. He has a long-standing history of anxiety, depression, and medication abuse. Because of his tendency to over-rely on medication he is currently being treated without benefit of anti-anxiety drugs. His chronic complaints of inability to sleep were

noted by the attending psychiatrist who sent me a consultation request. The patient was seen in his room on the psychiatric service and hypnotherapy was given.

Afterwards, the patient reported that he had not felt that relaxed in years. I saw him two days later for more hypnotherapy. The patient reported that he was apprehensive about discharge and asked for a hypnotic tape to take home. The H-PLUS "Relax" tape was given to him and he continued to use this during his hospital stay. He was quite enthusiastic about the tape. He stated that he was now able to relax and even sleep well for the first time in a number of years. His condition improved so much that he was discharged with "Relax" to continue using at home. Previously, this gentleman had had other forms of non-pharmaceutical intervention, like biofeedback, progressive relaxation, guided imagery, etc. None, however, appeared to produce the desired results.

Considering this man's history and the fact that so many pharmacological as well as non-pharmacological interventions have been made, I must admit that I viewed his potential to respond to any treatment modality with pessimism. I'm extremely pleased at his positive response to the H-PLUS tape.

HEMI-SYNC AND SURGERY

Hemispheric Synchronization and Perioperative Pain Control by

Christine Horner-Taylor, M.D.

This report was delivered during Surgical Grand Rounds at Good Samaritan Hospital in Cincinnati, Ohio. Michael Leadbetter, MD, performed the surgery.

J.P. is a 50 year old white female who was diagnosed with infiltrating ductal carcinoma of the right breast from a biopsy taken of a suspicious area of calcification seen on mammography. She underwent a right modified radical mastectomy with immediate breast reconstruction using a subpectoral tissue expander. Serial expansions were performed and when the desired size had been achieved, she was scheduled for a second stage reconstruction to remove the tissue expander and replace it with a permanent prosthesis. This was to be done in the office operating room under local anesthetic.

Several days before the operation, the patient was given Hemi-Sync EMERGENCY TREATMENT SERIES tapes to listen to at home. When she arrived at the office for her operation, she again was given The EMERGENCY TREATMENT SERIES tapes. The "Pre-Op" continuously played preoperatively, "Intra-Op" throughout the operation, and "Recovery" immediately postoperatively. When she was discharged, she was instructed to listen to the "Recuperation" and "Energy Walk" tapes at home. The patient was given 50cc of Xylocaine with epinephrine for local anesthesia. She required no intravenous sedation or pain medications preoperatively, intraoperatively, or postoperatively. The patient reported that she needed no pain medications during her recovery at home.

A Hemi-Sync Experience

by

Ralph Politte, A.B., M.A.

Ralph Politte is a retired Economist for the United States Government.

Julie was diagnosed as having a parotid tumor beneath her jaw and just below her left ear. She had had a similar tumor removed eleven years earlier. During the first surgery, she had felt fear, pain and had experienced partial facial paralysis. She was terrified before the second surgery.

At her request, I suggested a Hemi-Sync tape for Julie to listen to: the METAMUSIC tape "Modem" before and after surgery.

Julie played the tape several times a day for 2-3 days before her operation and several times a day for a few days afterward.

Julie reported the following results: she was due to stay in the Recovery Room for at least twenty-four hours, but was released after 3-4 hours; there was no facial paralysis; she was due to be in the hospital about 5 days, but healing progressed so well that she was released after 2 days; she felt no pain after the operation, and healing has progressed much better than the surgeon expected.

**SOME OBSERVATIONS ON THE USE OF
THE HEMI-SYNC SYNTHESIZER**

by W. Philip Irwin

Phil is a Gateway Outreach Trainer and Professional Member of TMI. He is a Research Associate for a major corporation and does consulting work in the field of human development and training.

In February 1988, I had the opportunity to evaluate the Model 201B Hemi-Sync Synthesizer in a professional workshop environment. I presented two sessions of a workshop entitled "Knotted Ropes or Hammocks? Coping With Stress" at

a teacher in-service day in the North Penn School District - Lansdale, PA. It was an ideal opportunity to observe the effects of a Hemi-Sync background in a seminar setting.

Since I was going to present two sessions of this workshop, I hoped to compare differences in the groups that could be attributed to the Hemi-Sync background. My plan was to have background music (Michael Jones - "Sunsclapes", solo piano) playing as the teachers entered the room. One group would have music plus Hemi-Sync; the other group would have the same music without Hemi-Sync. Each group would be given a packet of information to read and a stress questionnaire to fill out. Then they were to come to the front of the room to have their hand temperature measured as an introduction to biofeedback and the physiological effects of stress. I hoped to observe differences in the number of people who completed these tasks in a ten minute interval prior to the beginning of the seminar presentation.

The first session at 10:15 AM went as planned. As the teachers entered the room (music plus theta, delta, beta), they settled down quickly, completed the questionnaire, and 24 out of 27 people eagerly came up to get their hand temperature measured.

The second session at 1:15 PM was right after lunch. As participants entered the room (music only), they tended to remain in their seats and seemed sleepy. After watching for 5 minutes, I decided to add a theta-beta signal to the music. Within minutes, several people started to come up to get their hand temperature measured. Eight out of seventeen people had their hand temperature measured and by the time the session was to begin it appeared that the group was more

attentive and ready to begin.

While this was not a controlled study, it seemed that the Hemi-Sync background created a more positive, task oriented environment from which to begin the workshop. The theta-beta signal in the second group appeared to arouse a sleepy after-lunch group within several minutes of introducing the Hemi-Sync signal. From working with both groups, it was apparent that each group had a distinctive personality. As such, I can not claim that the presence of Hemi-Sync solely contributed to the first group's increased enthusiasm compared to the second. I will, however, pursue this observation in future presentations to gather more experience in this regard.

I used the Hemi-Sync Synthesizer throughout the rest of both workshops as appropriate to the contents of the presentation. During lecture periods I used the theta-delta-beta setting with soft new age solo piano music as background. For introductory breathing exercises, I used the surf with theta-delta. For the more prolonged relaxation exercises, I used either "Modem" or "Outreach Metamusic" tapes and did not use the synthesizer. To demonstrate physical stretching exercises, I used some lively new age music (Vollenweider) plus theta-beta. This seemed to be an effective way of taking a break and arousing the group when the group energy seemed low. I described the Hemi-Sync technology after working through the stress reduction exercises in the workshop. The Synthesizer made it very convenient to demonstrate and explain Hemi-Sync.

I was pleased with the results of the workshops. It was wonderful to be able to easily introduce different Hemi-Sync signals appropriate to the

various segments of the workshop.
In conclusion, I felt that the
Synthesizer facilitated creating and
excellent environment for learning
and I will continue to explore its
use in future seminar type settings.

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